

ABOUT OUR HIKES

The length and pace of our hikes vary according to the day of the week. Please use this guide to choose the right hike for you.

Monday walks — are about 3 miles/1.5 hours.

Tuesday hikes— are for experienced hikers; 5 to 7 miles at a moderate pace. Bring trail lunch.

Wednesday hikes — are 2 to 2.5 hours, about 4 to 5 miles.

Thursday hikes — are strenuous hikes for experienced hikers; 8 miles or more at a steady pace. Bring trail lunch.

Alternate Thursday hikes — are 5 to 7 miles at a moderate social pace for experienced hikers. Bring trail lunch.

Weekend hikes — vary from short 2 hour hikes to challenging 6- to 7-mile all day hikes. Check hike description and call leader for further information.

If a listed hike states “must register with the leader” you must notify the leader that you plan to attend. If no one contacts the leader to register, the leader is not obligated to show up at the trailhead. The leaders retain the right to cancel hikes or to change the hike location.

DID YOU KNOW . . . ?

Outdoor sports involve some hazards. The members who volunteer to lead our outings claim no special qualifications. Each participant in club activities — whether member or guest — must assume full responsibility for his or her own safety, relieving the club, the leaders, and all other co-participants of any and all responsibility in that connection — excluding, of course, individual responsibility for willfully inflicted injury. Adults who bring children to club activities must additionally assume full responsibility for the safety and conduct of such children. Your participation in any club activity is at the discretion of the leader.

Leaders do not charge for their leadership services. Leaders may collect entrance fees, but the charges should not exceed the outlay for the day’s event.

Guests are welcome. We invite guests to try out the club by participating in up to three outings before joining.

If you have questions about a trip, please call the leader, who will be glad to give you further information.

Cell phone use, including texting, is discouraged while hiking except for emergencies.

You must wear adequate footwear and carry lunch, liquid, rain clothing, and identification, including phone numbers of people to be notified in an emergency.

You must not go ahead of the leader except with permission — and then only to the next trail junction. Leaders should be permitted to lead, followers are expected to follow, and explorers should plot their own trips.

This is a club for people; dogs are not allowed.

Smoking is not allowed

BE A TRIP LEADER!

We hope you will enjoy the events that members have planned for us all, and that someday you will be leading an event of your own. Please volunteer to LEAD! We can only keep our club vibrant with LEADERS! To include a hike in the schedule notify the Outing Coordinator, listed on page 1, by the deadline for listing hikes in the next schedule, usually May 1 or November 1.

PLEASE NOTE!

All hikers should bring adequate water on all hikes.

Traction devices are required for hiking in icy/snowy conditions.

When in doubt, call Leader with questions